



2017

Heritage Center

\$1
DONATION



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke

Services Offered

Arts & Crafts
Cultural Programs
Education
Exercise
Health Services
Information
& Referral
Lunch Program
Recreation
Socialization
Transportation
Travel
Volunteer
Opportunities

A Word From Our Director ...

Happy New Year. 2017 is here and away we go. What does this New Year mean to you? It means new beginnings for me and all of us. I am very excited for the New Year because of a fresh start. It's a time to decide what our paths will be for the next 365 days. I personally do not believe in New Year's resolutions because I have not succeeded in following through with them, so I call it my fresh start year.

My New Year's wish for all of the members of the Heritage Center and our staff here is wellness. May your health and mental wellness continue to be great, and may our lives be filled with family, kindness, love, and appreciation for each other.

Let's make this New Year the best yet. I personally cannot wait to spend it with all of you!!!!

Tricia

Parking Reminder ... Especially on Thursday Nights

Please park at the north end of the parking lot when going on any trips —but especially for Wendover, the longer day trips, and overnight trips. We need to leave the spaces closest to the Heritage Center open for those using the building during the day. It is very difficult for those using the facility for shorter time periods when 50 spots by the building are unavailable for almost 12 hours. Thank you for your cooperation!

Mardi Gras Celebration

Join us on **Tuesday, February 28 at 11:00** as we transform the Heritage Center into downtown New Orleans and celebrate the final day of the Carnival season — **Mardi Gras**, French for "Fat Tuesday."



A special Cajun meal will be served including King Cake while listening to the jazzy sounds of the *Riverton Jazz Band*. Masks will be available to purchase before the celebration or you can bring your own. We'll toss beads and a few lucky participants who find the "baby" in their King Cake will win a prize!

The cost for this fun event will be **\$8** for reserved seats. Purchase one seat or an entire table. Registration will be available beginning Friday, January 27 when you can choose where you would like to sit.

Sponsored by Jenkins-Soffe Mortuary.

Look for more details in the February newsletter!

Murray Fire & Police Appreciation Luncheon

February 7, 8 & 10

We need your help in reaching our goal of \$400 in donations which helps pay for the appreciation lunches for our hardworking Fire and Police.

Please donate \$5 today!

Thank you for your support!!



Staff Information

Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill
City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen

Gallagher and Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistants — Chris Miller

and Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes

Volunteers: Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,
Brenda Clausen, Donna Gaydon, Ed
Houston, Jenny Martin, Pete Wright,
Rod Young

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcreg.com** — all you need is an email address. Go to **mcreg.com** and select "**New Account.**" Once you have created your log-in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person" — simply stop in or call 801-264-2635 to register.

Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant account and have provided an email address. It is also available for pick up at the Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts **all major credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the Front Desk about **gift certificates** for programs.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable senior adults access to Center programs, activities, and meals at the Heritage Center, regardless of their ability to pay for services, a Heritage Center Scholarship program is available.

The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.



Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Community Rewards Program**, but only **IF** you link your rewards card to us. To enroll, go to **smithsfoodanddrug.com** and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

5th Annual Storytelling Workshop

We are thrilled to bring the Storytelling Workshop back to the Center which is being sponsored by the Murray City Cultural Arts Department. It is a fun way to get back in touch with stories you may remember from earlier days. The eight-session storytelling workshop begins **Monday, January 23 at 12:00**. The first workshop will be an introduction to storytelling, what it is about, and what you can expect from this workshop.

The workshop will be held on **Monday and Thursday** from **Monday, January 23 - Thursday, February 23 at 12:00 until 2:00**. There will be *no class on Monday, February 20* as the Center is closed for President's Day.

Carol Esterreicher will be facilitating this workshop, as she has in the past. Carol is a nationally recognized and award-winning Storyteller and Educational Specialist. She has been teaching storytelling techniques and telling stories for over 30 years.

You can expect to learn an easily-applied model that defines the people, places, problems, and processes that apply to a myriad of story types. In addition to recognized story themes such as folk tales and urban

legends, the well-told personal remembrances of your life are "stories," too. You will learn to connect with your audience and invite them to share in the joys, lessons, and journey you can take them on when you share the stories you love to tell. Register now at the front desk.



Special Valentine Occasion

Celebrate Valentine's a day later starting at **11:30** on

Wednesday, February 15 by enjoying a special Valentine themed meal while listening to the crooning love songs of *Johnny Al* at the Heritage Center. Come eat anytime during 11:30-12:30. After lunch, stay while we have a special Valentine's Bingo at 12:45. No reservation needed. Just come and enjoy!



Beginning Watercolor Class

This painting class will focus on famous artists, their techniques, and how to apply these techniques and concepts to beginning watercolor. Co-taught by John and Joan Fackrell for six weeks beginning **Monday, January 9** through **Monday, February 27** from **1:00-4:00**. Cost is **\$33**. Registration begins Tuesday, December 20.



SUPPLIES:

- 90-140 lb. cotton paper (block or pad)
- #8 or #10 watercolor round brush
- #6 liner brush for details
- 1" flat brush for washes

Watercolor Class

John Fackrell will begin a new six-week watercolor class from **9:00-12:00** on **Monday, January 9** through **Monday, February 27**. Registration begins Wednesday, December 21 and the cost is **\$33**. Prior watercolor experience is necessary to participate. Bring your watercolor paper, brushes, paint, and creativity.

Wednesday Painting

The new eight-week session begins **Wednesday, January 11** through **Wednesday, March 1**. Registration begins Tuesday, December 27. The cost is **\$40** and payment is needed in advance. Teri Wood-Elegante is the instructor and she will help you in either oil or watercolor.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, January 31** from **9:30-2:30**. Sign up now at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee at the start of the class. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending this class.

Reader's Theater

We are pleased to announce a new Reader's Theater workshop will begin in February. The Center is working with Engage Utah on this new program and are looking for volunteers to help. Tricia, our director, is spearheading this program. Please contact her if you are interested in volunteering or participating.



Vital Aging

On **Tuesday, January 24 at 10:30**, we will present a new wellness class called **Achieving a Healthy Body, Mind, and Soul**. Coping with changes in life can be challenging. However, establishing a health and wellness plan can help you stay independent and enjoy an enduring quality of life. This class is an excellent choice if you would like to investigate how to maintain a healthy mind, body, and soul and stay motivated when making new lifestyle choices. **This is a free class.** Sign up now.

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

Senior Learning Network

Through the wonders of video conferencing, the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. These presentations are all free. Sign up now.

11:30 on Thursday, January 12: "Wilds of Glacier Bay, Alaska"

SLN takes you into the wilds of Glacier Bay, Alaska, where you will interact with the Park Ranger of this amazing National Park in the vast state of Alaska.

9:00 on Thursday, January 19: "Britain and the Holocaust"

How much did the British government know? Participants study telegrams, radio intercepts and reports received by the Foreign Office between 1942 and 1944. Learn about how the events in Nazi occupied territories unfolded and the subsequent reactions of the British government. This presentation will be done by the British National Archive.

Gadget & Computer Help

The computer lab has six personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk).



Individual computer help is available with Calli **Tuesday** through **Friday** or Bob on **Tuesday** for one hour appointments and the cost is **\$3**. Registration and payment is needed in advance.

Our instructors are unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop or gadget for personalized assistance.

Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

Crafting with Susan

Please join us on **Tuesday, January 10 at 2:00** when we will make a cute sock snowman. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now for this class. You will be able to finish the project and take it home the day of the class. This class is the second Tuesday of each month.



Previously called "Wood Craft" Class

Haircuts

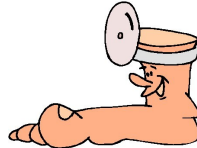


The Center offers haircuts for men and women on **Wednesdays** from **9:00 to noon**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. Please specify when registering if you would like a wash. The barber is Jocelyn Anderson.

Appointments are every 20 minutes, starting at 9:00 and payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, February 23** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$10** and advance payment is required. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered every other month.



Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half hour or **\$36** for an hour. Payment is required at time of scheduling.

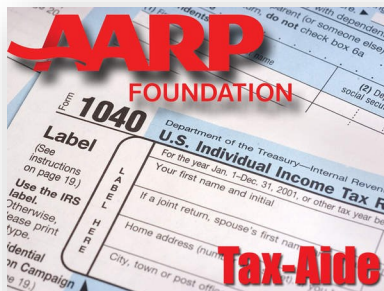
Be Funeral Smart

On **Tuesday, January 17** at **10:30**, Tanner Carver from Local Funeral Info, will discuss a different perspective regarding end of life planning. This seminar is aimed at helping individuals avoid some of the pitfalls of spending more than is needed. Getting prepared now may help avoid costly errors in your time of loss and grief. **This is a free class.** Register now.

AARP Free Tax Assistance

Volunteers from AARP will be providing free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** starting **February 1** through **April 12** from **12:30 to 4:00**. Appointments are required and we will open up the complete schedule for reservations on Wednesday, January 25.

By letting you pick a date between February 1 and April 12, we hope this will help in scheduling appointments. Please remember your appointment date and then make sure you cancel in advance if you are not able to attend. *This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.*



Attorney Consultation

An attorney is available for **free 20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, January 10** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help, but they will not attempt to solicit your business.

Blood Pressure

Thank you to Rite Aid for providing blood pressure screenings on **Thursday, January 5** from **11:00-12:00**. This service is offered the **first Thursday** of each month. Just walk in!

Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, January 17** at **12:00-2:00**. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. Advance appointments are required.

Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around 2:30 after bingo. If you need a ride, call at least one day in advance.

Heritage Center



We are here to serve you

Monday — Friday

8:00am - 4:30pm

Thursday

8:00am - 10:00pm

Saturday/Sunday

Closed

#10 East 6150 South

(West of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

Newsletter Page 6 and 7

Monday		Tuesday	
 Center is Closed	2	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:30 Computer Help (<i>Calli Only</i>) 2:00 Beginning Line Dancing	3
	9	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 1:30 Attorney Consultation 2:00 Beginning Line Dancing 2:00 Crafting with Susan	10
 Center is Closed	16	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Tai Chi 10:30 Be Funeral Smart 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafts 2:00 Beginning Line Dancing <i>NO Computer Help Today</i>	17
	23	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 10:30 Vital Aging / Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	24
9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:00 Storytelling Workshop 12:30 Exercise Help 1:00 Beginning Watercolors 1:00 Movie: Independence Day 2:00 Strength Conditioning	30	8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 9:30 Driver Safety Class 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	31

Wednesday			Thursday			Friday		
9:00	Painting <i>(no instructor)</i>	4	8:00	Pickleball Instruction	5	9:00	Zumba	6
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	Transportation		11:00	Blood Pressure		11:45	Massage	
11:15	Chair Aerobics		11:30	Lunch		12:30	Exercise Help	
11:30	B-day Wednesday Lunch		12:45	Happy Hatters		12:45	Bingo	
12:45	Bingo		1:30	Computer Help		1:00	Bridge	
1:00	Bridge		2:00	Strength Conditioning		1:30	Computer Help	
1:30	Computer Help		7:00	Dance				
9:00	Painting	11	8:00	Pickleball Instruction	12	9:00	Zumba	13
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone		11:15	Chair Aerobics	
10:00	Yoga		9:00	Pickleball		11:30	Lunch	
10:00	Transportation		10:00	BRUNCH CAFÉ (No Lunch)		11:45	Massage	
11:15	Chair Aerobics		10:30	Tai Chi		12:30	Exercise Help	
11:30	Lunch		11:30	SLN: Glaciers of Alaska		12:45	Bingo	
12:45	Bingo		1:00	Pool Tournament		1:00	Bridge	
1:00	Bridge		1:30	Computer Help		1:30	Computer Help	
1:30	Computer Help		2:00	Strength Conditioning				
			7:00	Dance				
9:00	Painting	18	8:00	Pickleball Instruction	19	9:00	Zumba	20
9:00	Haircuts		8:30	Ceramics / Wendover		10:00	Yoga	
9:15	Pinochle		9:00	SLN: Britain and Holocaust		11:15	Chair Aerobics	
10:00	Yoga		9:00	Stretch & Tone / Pickleball		11:30	Lunch	
10:00	Transportation		10:30	Tai Chi		11:45	Massage	
11:15	Chair Aerobics		11:30	Lunch		12:30	Exercise Help	
11:30	Lunch		12:00	Intro to Happy Hatters		12:45	Bingo	
12:45	Bingo		12:45	Happy Hatters		1:00	Bridge	
1:00	Bridge		1:30	Computer Help		1:30	Computer Help	
1:30	Computer Help		2:00	Strength Conditioning				
			7:00	Dance				
9:00	Painting	25	8:00	Pickleball Instruction	26	9:00	Zumba	27
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	Transportation		11:30	Lunch / Senior Expo Utah		11:45	Massage	
11:15	Chair Aerobics		12:00	Storytelling Workshop		12:30	Exercise Help	
11:30	Lunch		1:00	Pool Tournament		12:45	Bingo	
12:45	Bingo		1:30	Computer Help		1:00	Bridge	
1:00	Bridge		2:00	Strength Conditioning		1:30	Computer Help	
1:30	Computer Help		7:00	Dance				

Murray Fire & Police Appreciation Luncheon

February 7, 8 & 10

We need your help in reaching our goal of \$400 in donations which helps pay for the appreciation lunches for our hardworking Fire and Police.

Please donate \$5 today!

Thank you for your support!!



Billiards Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the billiards room at the east end of the building.

Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.



Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.



Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid tournament day.

Monday Movie

Join us on **Mondays** at **1:00** for a **free** movie and popcorn!

- 2 - Center is Closed
- 9 - Pete's Dragon / 2016 / 102 min / Fantasy-Adventure
- 16 - Center is Closed
- 23 - Independence Day / 1996 / 145 min / Science Fiction-Action
- 30 - Independence Day: Resurgence / 2016 / 120 min / Sci-Fi-Adventure



Pool Tournaments

Register now at the Front Desk to participate in the Heritage Center's Pool Tournament. The tournaments will be straight 8-ball and played the **second and fourth Thursdays** at **1:00-4:00** from January through May. Officiated by Tricia Cooke.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Birthday Wednesday

Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month — just tell the lunch cashier you've hit a decade!



Happy Hatters

Red Hat Society chapter meetings are held on the **first Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand and Foot.



A Message From Queen Madeline Coleman:

Many of you have inquired about joining the Heritage Happy Hatters. Please join us on **Thursday, January 19** at **Noon** for an introductory meeting for 2017. Dues are **\$5** a year. Come join us for lots of fun and meet lifelong friends.

Many thanks to Hans Kubbe for donating the beautiful wishing well. We are certainly enjoying it in our front vestibule and are excited to move it to the patio come spring.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday & Thursday 2:00-3:00

Build muscular strength and muscular endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday & Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday & Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday & Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday & Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or Free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass. Ask at the Front Desk for details.



Exercise Help

A new group of U of U Exercise and Sports Students will start on **Monday, January 23**. They will be at the Center every **Monday and Friday** at **12:30-2:00**. *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one help. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)

Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, a new eight week class will start on **Monday, January 9** and will run **through Monday, March 13** from **10:30-12:00**. The cost for this eight week course is **\$20 or \$3 per class**. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced.



Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.



Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts weather permitting.

If you are new to the sport, **instructional play** will take place every **Thursday** from **8:00-9:00**.

You can also play at the Murray Park Center (296 E. Murray Park Avenue — inside Murray Park off of State Street) every Tuesday and Thursday from 8:00-12:00.

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, January 19** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. The next Wendover trip is scheduled for **Thursday, March 9**.

Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the Hardware Ranch (15 miles east of Hyrum). The Center bus will depart at **9:30** on **Monday, January 30** and again on **Monday, February 13** and return about 4:00. Cost for the day is **\$15** which includes transportation, sleigh ride, and lunch. Registration begins January 13. Dress warm and wear winter shoes or boots.



Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up spaces for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

Senior Expo Utah – VIP Event

The 2017 Senior Expo Utah is a tremendous opportunity for businesses and agencies to get up close and personal with thousands of regional seniors, baby boomers, and family members.

The Heritage bus will leave the Center at **11:30** on **Thursday, January 26** for a special VIP event prior to the Expo opening to the general public. Special music and entertainment as well as over \$2500 of prizes will be available at this event. Cost is **\$5** and registration begins January 12.



Ririe Woodbury Dance: Elements

The Center bus will leave **Thursday, February 2** at **11:00** for a special performance of Ririe Woodbury Dance *Elements* at the Janet Quinney Lawson Capitol Theater. Cost for this trip is **\$5**. Registration begins January 18.



Elements is an exciting program with three spectacular works: A new work by Company Artistic Director Daniel Charon, a visually stunning reconstruction of *Physalia* (1977) by Pilobolus' Co-founders Alison Chase and Moses Pendleton, and Utah favorite *You and The Space Between* by Company alum Miguel Azcue.

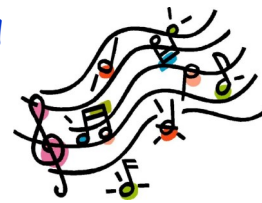
Kingsbury Hall: The Nile Project

You'll be both inspired and entertained by the festive, high-energy music performed by talented young artists from across the globe, using a myriad of traditional East African instruments. Founded on the belief that music has the power to change perceptions and inspire action, **The Nile Project** is educating and empowering an international network of global citizens to cultivate the sustainability of their ecosystem. The Nile Project brings together artists from the 11 Nile countries, creating music that combines the region's diverse instruments, languages, and traditions to find commonality amidst conflict. The bus will leave at **9:00** on **Friday, February 10**. Registration begins January 20 for this trip and the cost is **\$5**.



Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until **10:00 pm** on **Thursday evenings**. Enjoy the computer lab, billiards room, exercise room, or dance to the music of Tony Summerhays.



Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Mur-

ray & West Jordan, Chuck-A-Rama, Tony Summerhays, Olympus Ranch, and Dignity Hospice.

Winter Brunch Café

We will be offering our **Brunch Café** in the dining room on **Thursday, January 12** from **10:00** until **12:00**. You will be able to choose a complete meal or pick à la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order. You will meet the cashier in the dining room to fill out your order form and pay.

Calli and her team will get your order ready and your server will bring it out to you at your table. Please come and enjoy! **This breakfast is in lieu of lunch that day so be sure to come early.**



Aging Mastery Program

The Aging Mastery Program will start a new ten week course starting **Thursday, February 2** and will end **Thursday, April 6**. This is an evening class presented from **6:00-7:00**. The cost is **\$50** per person. [Register now.](#)

Murray Library Book Club

Looking for something fun to do? *The Next Chapter Book Club* offers book clubs for adults with disabilities. Groups of four to eight people meet for one hour each week to read, learn, and laugh with each other in local libraries, bookstores, and cafés around the State. This group will meet at the **Murray Library in early 2017**.

Readers and emerging readers are welcome; the ability to read is NOT required to participate!

Club members decide the books they want to read with guidance from club facilitators and relate the stories to their own lives while improving their literacy, social, and self-advocacy skills. **This is a free club.**

Contact the Utah Developmental Disabilities Council to join a club or volunteer to lead a group near you.

Utah Developmental Disabilities Council
www.utahddcouncil.org
801- 533-3965

VITA Tax Help coming in February Volunteers

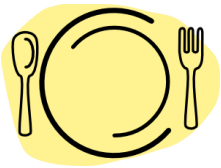
The VITA Program will be at the Heritage Center this tax season on Thursday evenings and they need volunteers to help. If you have the time to volunteer, it may not be as hard as you think. Volunteers Income Tax Assistance (VITA) will lead you through this process. Last year, over 800 volunteers donated just a few hours a week to help save more than 20,000 households millions in tax preparation fees and help to improve financial stability.

Want to help prepare taxes? You don't need an IRS or accounting background. Preparers attend two Saturday classes lasting four hours each for training. Take the certification test and you are ready to go. You will be with experienced volunteer tax preparers so you have support. [Sign up to volunteer at utahtaxhelp.org.](#) You will be contacted by the program director, Greg McDonald.

The VITA Program will be offered on **Thursday** evenings from **5:30 pm** to **8:00 pm** starting **February 2** through **April 13**. [Appointments can be made by calling 211 but walk-ins are also welcome.](#) VITA is not limited to age or income level. **211 is a free informational hotline**



January 2017 Lunch Menu



NO RESERVATIONS NEEDED unless it is a *special event*
 Lunch is served anytime between 11:30 – 12:30
 Make your selection and pay when you are ready to eat
 Sandwiches or Salads are available as alternatives
 Prices range from \$2 - \$4



Monday	Tuesday	Wednesday	Thursday	Friday
2  The Center is Closed	3 CHICKEN SALTIMBOCCA Pasta Green Salad Snickerdoodle Cookie	4 SWEDISH MEATBALLS Rice Veggie Birthday Cake and Ice Cream	5 JAMBALAYA Green Salad Oatmeal Cream Pie Cupcake	6 THREE BEAN CHILI Coleslaw Cornbread Peach Cobbler
9 NO LUNCH	10 SHRIMP TACOS Rice Salad Churros	11 BUTTER CHICKEN Baked Potato Broccoli Banana Split Parfait	12 BRUNCH CAFÉ 10:00 - 12:00 	13 PORK BARBACOA SALAD Pineapple Upside Down Cake
16 	17 POSOLE SOUP Green Salad Apple Fritter Cake	18 LEMON DILL SALMON Rice Pilaf Green Beans Lemon Blueberry Cookie	19 GREEK CHICKEN Lemon Rice Greek Salad Texas Sheet Cake	20 CHICKEN FRIED STEAK Mashed Potatoes and Gravy Carrots Napoleons
23 NO LUNCH	24 BACON & SPINACH QUICHE Hashbrowns Fruit French Toast	25 BEEF AND BARLEY SOUP ½ Sandwich Salad Peanut Butter Crunch Bars	26 MEATLOAF Mashed Potatoes and Gravy Peas Banoffee Cupcake	27 CHICKEN CURRY Rice Veggies Carrot Cake
30 NO LUNCH	31 SPAGHETTI BOLOGNESE Salad Breadstick Chocolate Pecan Pie Cookie	 <p>Calli has put together a recipe book of your favorite lunch and special event dishes. The cookbooks are available for purchase at the Front Desk for \$10. Get yours today!!</p>		